

Claims:

1. A food oil product, which is based on turnip rapeseed oil or rapeseed oil and contains tocopherol antioxidant, **characterized** in that it contains α -lipoic acid as regenerator for the antioxidant.
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2. The product according to claim 1, **characterized** in that the tocopherol antioxidant contains added synthetic tocopherol.
- 10 3. The product according to claim 2, **characterized** in that the tocopherol contains at least gamma and delta tocopherol.
4. The product according to any of the preceding claims, **characterized** in that there is at least 0.02 weight-% of tocopherol and at least 0.002 weight-% of alpha-lipoic acid.
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5. The product according to any of the preceding claims, **characterized** in that it contains turnip rapeseed lecithin.
- 20 6. The product according to any of the preceding claims, **characterized** in that it contains ascorbic acid.
7. The product according to any of the preceding claims, **characterized** in that it contains enzyme, such as amylase, pentosanase and/or hemicellulase.
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8. The use of a product according to any of the preceding claims in manufacturing a food product, especially in baking.
- 30 9. The use of a product according to any of the preceding claims in manufacturing a food product in such a manner that it becomes in contact with the water contained in the food product during heating, especially in baking.